Sexual Assault Prevention and Response Program

Jane Lux
Program Coordinator
NGB-J1
703-601-0577
Jane.Lux@us.army.mil
CTR – Alutiiq International Solutions, LLC

This briefing is
UNCLASSIFIED

Phenomenology of Sexual Assault

Block 13
Sexual Assault Response Coordinator Training

Themes

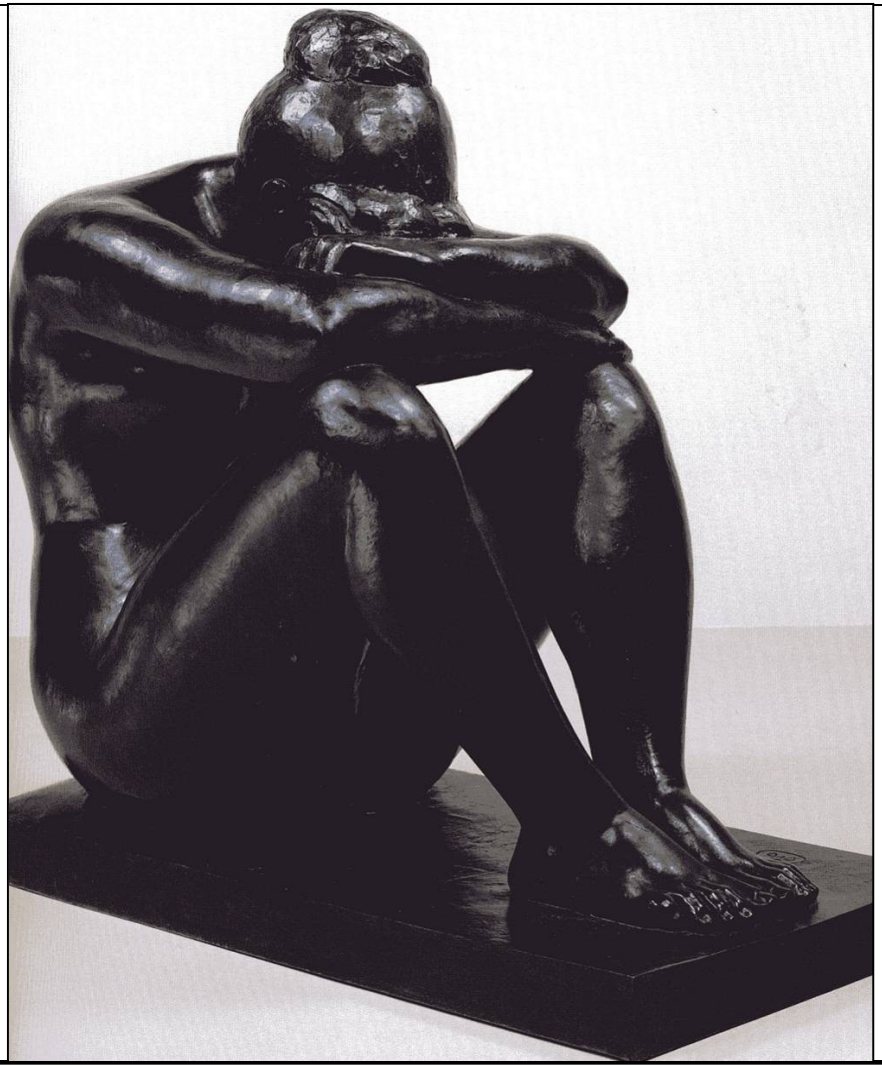
- Capture core subjective features of the experience
  - Overwhelming feelings
  - Negatively changed schemas (ideas about self and world)
- Shape response and behavior
  - Overlap and interweave
  - Have different aspects
  - Are expressed differently by different people
  - Effect each other
  - Change over time

3

Themes Common To Rape Victims

- Fear
- Helplessness
- Shame
- Self-blame and Guilt
- Legitimacy and Validation
- Rage
- Loss of Meaning and Sustaining Beliefs
- Betrayal and Loss of Trust
- Diminished Sense of Self
- Grief and Loss
- Isolation and Alienation

4



Listening To Victims

- What do you feel as you read?
  - What would be hard to listen to and why?
- What beliefs of yours does this material challenge?
- What questions do you have?
- What did you learn?
  - What are the particular challenges that rape poses?
  - How do people respond: emotionally, cognitively, behaviorally?
- What does this material tell you about how to be helpful to victims?

6

UNCLASSIFIED / FOUO